

# 2019 West Lafayette Track & Field

April 1 – May 4 Schedule

**Throwers:** You will receive a modified schedule from Coach Enekwechi!

**Group I (Sprinters, Hurdlers & Jumpers):** All weight lifting days will be after those practices marked below as \* **unless you lifted before school**. This can also include Throwers.

**Group II (Distance):** You will lift on the days that you practice at the **High School**.

**(Optional weight session where marked at 6:00- 6:50 AM)** You must be there by 6:15 am (I will be there at 6:00), sign in and fill in lifts on sheet!

Mon	Apr	1*	Practice at the Complex (optional 6:00 – 7:00 AM wts), otherwise after practice)
Tue	Apr	2	Practice at the Complex (Distance at HS)
Wed	Apr	3*	Practice at the Complex (optional 6:00 – 7:00 AM wts), otherwise after practice)
<b>Thu</b>	<b>Apr</b>	<b>4</b>	<b>Twin Lakes Rescheduled as home meet at WL</b>
Fri	Apr	6*	Practice at the Complex (optional 6:00 – 7:00 AM wts)
Sat	Apr	7	10 AM Practice at the Complex
Mon	April	8*	<b>(no school)</b> Practice at the Complex @ 3 PM sharp! <b>Home JH Meet! (wts after practice)</b>
Tue	April	9	Practice at the Complex (Distance at HS)
Wed	April	10*	Practice at the Complex (opt. 6:00 – 7:00 AM wts), otherwise after practice
Thu	April	11	Practice at the Complex (Distance at HS)
<b>Fri</b>	<b>April</b>	<b>12*</b>	<b>Practice location and time TBA</b> <b>FC Distance &amp; Jeff Sprinters Showcase</b>
<b>Sat</b>	<b>April</b>	<b>13</b>	<b>Leave for Chesterton Relays from the Salisbury Complex, (west end) at 7:00 AM</b>
Mon	April	15*	Practice at the Complex (opt. 6:00 – 7:00 AM wts) <b>Physicals @ the HS @ 5:30 PM, \$30!</b>
<b>Tue</b>	<b>April</b>	<b>16</b>	<b>Home vs Jeff, Team meeting at 4:10, meet starts at 5 PM, Senior Night!</b>
Wed	April	17*	Practice at the Complex (optional 6:00 – 7:00 AM wts)
Thu	April	18	Practice at the Complex, Distance TBA
Fri	April	19*	Practice at the Complex (optional 6:00 – 7:00 AM wts)
<b>Sat</b>	<b>April</b>	<b>20</b>	<b>20<sup>th</sup> Annual WL Relays (8:30 AM Team Meeting at the Complex)</b>
Mon	April	22*	<b>(no school)</b> Practice at the Complex @ 3 PM sharp! <b>Home JH Meet! (wts after practice)</b>
<b>Tue</b>	<b>April</b>	<b>23</b>	<b>Home vs Harrison &amp; Western 5:00 PM Senior Night!</b>
Wed	April	24	Practice at the Complex, (optional 6:00 – 7:00 AM wts), Check & Go, Home JH Meet!
Thu	April	25*	Practice at the Complex (Distance at HS)
<b>Fri</b>	<b>April</b>	<b>26</b>	<b>“All Comers” meet at Home</b> <b>Team and Individual Pictures at 4 PM!</b>
Sat	April	27	9 AM Practice at the Complex <b>Prom-Be smart &amp; have fun and don’t forget the Track &amp; Field “Prom picture”!</b>
Mon	April	29	Practice at the Complex (optional 6:00 – 7:00 AM wts)
<b>Tue</b>	<b>April</b>	<b>30</b>	<b>Varsity leaves for City-County (Jeff) from HS @ 3:30 PM (all others practice at HS)</b>
<b>Wed</b>	<b>May</b>	<b>1</b>	<b>JV leaves for City-County (Harrison) from the HS @ 3:30 PM (all others practice/lift at HS)</b>
Thu	May	2	Practice at the Complex, Distance TBA
Fri	May	3	<b>Hoosier Conference! Team meeting at 4:30 PM</b>
Sat	May	4	10 AM Practice at the Complex <b>All non-Sectional roster athletes turn in their unis/sweats and sign up for WLIS and Sectional meet help at the Complex at 10 AM! This team meeting is mandatory for everyone!</b>

Always check the website for practice location on bad weather days: <http://www.wl-red-devil-track.com/>

**or on our twitter feed: @WL\_Track\_Field**

Please contact me by email when missing practice or if you’re home sick from school! **Emails should be sent by the athlete!**

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